

1. A flip-flop bicycle pedal, comprising:

- a. a main body pivotable about a transverse axis and having a spindle bolt for connecting to a bicycle, a top side and a bottom side;
- b. said top side having a toe cleat clamp which conforms to a bottom of a road type bicycle shoe cleat, the toe cleat clamp having a front recess for receiving a front tongue of the road type bicycle shoe cleat and a rear spring-loaded retaining plate pivotable on said main body, the rear spring-loaded retaining plate having a recess for receiving a rear tongue of the road type bicycle shoe cleat and when a force is applied to the spring-loaded retaining plate, the spring-loaded retaining plate moves away from said main body such that the rear tongue engages the recess of the spring-loaded retaining plate, where the spring-loaded retaining plate springs back into a locking position, and thereby locks the rear tongue of the road type bicycle shoe cleat thereto; and
- c. said bottom side having a toe cleat clamp which is smaller than said toe cleat clamp of said top side and conforms to a bottom of a mountain bicycle type shoe cleat, the toe cleat clamp of said bottom side having a front locking member located adjacent to said rear spring-loaded retaining plate of said top side for receiving a front tongue of the mountain bicycle type shoe cleat and a rear spring-loaded retaining member pivotable on said main body such that a rear tongue of the mountain bicycle type shoe cleat engages inside a recess of the rear spring-loaded retaining plate of said bottom side, where the rear spring-loaded plate of said bottom side springs back into a locking position, and thereby locks the rear tongue of the mountain bicycle type shoe cleat thereto.

2. A bicycle pedal, comprising:

- a. a main body pivotable about a transverse axis and having a spindle bolt for connecting to a bicycle, a first cleat clamp side and a second cleat clamp side;
- b. said first cleat clamp side conforming to a bottom of a bicycle road shoe cleat and

5

having a recess for receiving a first tongue of the road shoe cleat and a spring-loaded retaining plate pivotable on said main body for receiving a second tongue of the road shoe cleat and when a force is applied to the spring-loaded retaining plate, the spring-loaded retaining plate moves away from said main body such that the second tongue engages the spring-loaded retaining plate, where the spring-loaded retaining plate springs back into a locking position, and thereby locks the second tongue of the road shoe cleat thereto; and

10

- c. said second cleat clamp side being smaller than said top cleat clamp side and conforming to a bottom of a mountain bicycle type shoe cleat, said second cleat clamp side having a locking member located adjacent to said spring-loaded retaining plate of said top side for receiving a first tongue of the mountain bicycle type shoe cleat and a spring-loaded retaining member pivotable on said main body such that a second tongue of the mountain bicycle type shoe cleat engages the spring-loaded retaining member of said second side, where the spring-loaded retaining member of said second side springs back into a locking position, and thereby locks the second tongue of the mountain bicycle type shoe cleat thereto.

3. A bicycle pedal, comprising:

- a. a main body pivotable about a transverse axis and having a spindle bolt for connecting to a bicycle, a first side and a second side;
- b. said first side conforming to a bottom of a bicycle road shoe cleat and having means for receiving a first tongue of the road shoe cleat and a spring-loaded retaining plate pivotable on the main body for receiving a second tongue of the road shoe cleat and when a force is applied to the spring-loaded retaining plate, the spring-loaded retaining plate moves away from said main body such that the second tongue is retained within the spring-loaded retaining plate, where the spring-loaded retaining plate moves back into a locking position, and thereby locks the second tongue of the road shoe cleat thereto; and

5

10

15

- c. ~~said second side conforming to a bottom of a mountain bicycle shoe cleat and having a locking member for receiving a first tongue of the mountain bicycle shoe cleat and a spring-loaded retaining member pivotable on said main body such that a second tongue of the mountain bicycle shoe cleat is retained within the spring-loaded retaining member of said second side, where the spring-loaded retaining member of said second side moves back into a locking position, and thereby locks the second tongue of the mountain bicycle shoe cleat thereto.~~

4. The bicycle pedal in accordance with Claim 3, wherein said second side is smaller than said first side.

